



2015

SALINA PARKS & RECREATION
THERAPEUTIC RECREATION PROGRAM

NEWS & VIEWS

Bowling I & II \$7/\$12 *per session* Wed., Sept. 9 & 23

Bowl two games each week. Cost includes shoe rental. Please bring money if you wish to purchase food or drinks. Pick-ups begin at 2:00 pm and bowling is from 3:00-4:00 pm at All Star Lanes.

Art Class \$5/\$10 Fri., Sept. 11

Channel your inner creativity! Color, paint, or do a craft. Pick-ups start at 2:00 pm and the class runs from 3:00-4:00 pm at Carver Center.

So You Think You Can Dance? \$8/\$16 for both classes Mon., Sept. 14 & 28

Do you love music? Do you like to dance? Need a little exercise? This class is right up your alley!! Pick-ups begin at 4:30 pm and the class runs from 5:30-6:30 pm at Friendship Center.

Mileage Club \$5/\$13 for 2 classes Sept., 16 & 30

Mileage Club participants

receive "Toe Tokens" for each mile walked plus additional incentives for goals reached. This month we will walk at Sunset Park. Pick-ups begin at 2:00 pm and we will walk from 3:00-4:00 pm

Cooking Class Non-Accessible \$8/\$13 Fri., Sept. 18

Join us at the Salina Emergency Food Bank for a cooking lesson from 3:00-4:00 pm. Participants will help prepare a dish to take home, and help clean up after the lesson. Pick-ups begin at 2:00 pm. You may only attend one cooking class to give everyone a chance to attend.

Afternoon Movie \$10/\$15 Mon., Sept. 21

Join us for a movie at Starplex Cinemas in the mall. Pick-ups begin at 2:45 pm. When we get to the mall, you'll choose a movie to watch. You may bring money to purchase snacks/drinks. A small popcorn and drink are \$10.75. The theatre offers hot dogs for \$1, but drinks are \$5 and up.

Healthy Cooking Accessible \$8/\$13 Fri., Sept. 25

This class is mostly reserved for those who cannot attend the cooking class at the Food Bank due to accessibility. Join us at Friendship Center from 3:00-4:00 pm for a healthy cooking lesson. Participants will help prepare a dish to take home and help clean up after the lesson. Pick-ups begin at 2:00 pm. You may only attend one cooking class to give everyone a chance to attend.

Little Big Town Concert \$65 Includes Transportation Sat., Sept 19

Pick-ups begin at 4:30 p.m. Please eat before you get picked up, or bring a sack lunch to eat on the bus. We depart Salina at 5:30 pm and arrive at the State Fair in Hutchinson around 6:30 pm with plenty of time to park, find our seats, and maybe look at t-shirts. The concert begins in the grandstand at 7:30 pm. Our approximate arrival back home will be 11:30 pm with drop-offs following. Tickets are limited, so sign up early!

MARK YOUR CALENDARS!!!

OCTOBER 22—Come and try out a new class!! Debbie Temple will lead us in a music therapy program at Carver Center from 3:00-4:00 pm.

OCTOBER 30—Save this date for our annual Halloween Dance and Costume Party!! You'd better start thinking about your costumes!!



How to contact us

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